

Students in grades 4 and 5 who have a low level of mental fitness

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	15.8	15.9	16.6	16.3
Health zones				
Zone 1 - Moncton and South-East Area	15.5	14.9	16.0	16.4
Zone 2 - Fundy Shore and Saint John Area	16.0	16.2	17.5	18.0
Zone 3 - Fredericton and River Valley Area	15.7	17.5	18.4	15.8
Zone 4 - Madawaska and North-West Area	S	13.7	13.1	13.8
Zone 5 - Restigouche Area	17.1	16.4	15.2	14.9
Zone 6 - Bathurst and Acadian Peninsula Area	12.5	13.5	11.7	13.5
Zone 7 - Miramichi Area	21.2	19.6	19.8	17.6
Communities				
Bathurst, Beresford, Petit-Rocher Area	11.1	14.6	13.8	17.0
Bouctouche, Richibucto, Saint-Antoine Area	17.6	16.5	14.6	19.4
Campbellton, Atholville, Tide Head Area	19.9	17.3	16.9	13.7
Caraquet, Paquetville, Bertrand Area	15.9	13.2	9.0	11.9
Dalhousie, Balmoral, Belledune Area	13.3	15.3	13.0	16.5
Dieppe and Memramcook	12.4	13.0	15.8	12.8
Douglas, Saint Marys, Doaktown Area	19.1	22.5	23.7	24.7
Edmundston, Rivière-Verte, Lac Baker Area	S	11.2	11.5	14.1
Florenceville-Bristol, Woodstock, Wakefield Area	16.7	18.4	23.4	17.7
Fredericton	13.0	16.0	16.0	12.5
Grand Bay-Westfield, Westfield, Greenwich Area	15.7	16.0	19.3	18.4
Grand Falls, Saint-Léonard, Drummond Area	S	18.2	15.3	13.7

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Hillsborough, Riverside-Albert, Alma Area	23.3	13.6	21.5	13.6
Kedgwick, Saint-Quentin and Grimmer	S	10.8	13.2	13.5
Minto, Chipman, Cambridge-Narrows Area	21.4	19.4	17.3	18.1
Miramichi, Rogersville, Blackville Area	21.9	19.0	20.6	18.4
Moncton	15.6	15.3	15.1	16.0
Nackawic, McAdam, Canterbury Area	17.4	15.2	15.6	16.5
Neguac, Alnwick, Esgenooetitj Area	16.4	24.1	10.7	S
New Maryland, Kingsclear, Lincoln Area	13.6	14.5	17.4	15.8
Oromocto, Gagetown, Fredericton Junction Area	19.0	20.3	20.5	18.0
Perth-Andover, Plaster Rock, Tobique Area	26.4	24.6	21.5	23.6
Quispamsis, Rothesay, Hampton Area	12.8	15.6	16.2	16.5
Riverview and Coverdale	19.5	13.8	19.0	19.9
Sackville, Dorchester, Port Elgin Area	16.0	17.3	18.5	16.4
Saint John, Simonds and Musquash	15.5	16.2	17.5	17.6
Salisbury and Petitcodiac	15.4	17.0	17.4	21.4
Shediac, Beaubassin East and Cap-Pelé	15.1	14.8	15.8	19.8
Shippagan, Lamèque, Inkerman Area	12.6	15.3	16.1	13.9
St. George, Grand Manan, Blacks Harbour Area	23.3	22.2	19.2	21.0
St. Stephen, Saint Andrews, Campobello Island Area	21.0	15.1	21.3	14.9
Sussex, Norton, Sussex Corner Area	18.0	15.3	16.8	23.3
Tracadie and Saint-Isidore	12.9	10.4	7.6	9.8
School districts				
Anglophone East School District	17.3	16.4	18.1	18.4
Anglophone North School District	20.4	20.0	20.1	19.7

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Anglophone South School District	16.2	16.5	17.5	18.4
Anglophone West School District	15.9	17.8	18.7	16.3
Anglophone sector	16.8	17.2	18.3	17.8
District scolaire francophone Nord-Est	11.9	12.7	10.2	11.3
District scolaire francophone Nord-Ouest	S	11.7	12.2	12.6
District scolaire francophone Sud	13.3	13.1	13.9	13.6
Francophone sector	13.4	12.8	12.6	12.8
Grades				
Grade 4	15.6	15.5	16.6	15.6
Grade 5	16.0	16.4	16.6	17.0
Gender				
Female	12.5	13.3	14.2	13.5
Male	17.9	17.2	17.9	17.9
Non-binary	25.0	n/a	n/a	27.4
Indigenous identity				
Indigenous	17.6	20.8	19.8	19.8
Immigrant				
Immigrants	13.5	14.9	15.7	14.4

About

This indicator is the percentage of students in grades 4 and 5 who have a low level of mental fitness.

Source

Student Wellness and Education Survey, Grades 4-5

Calculations

This indicator is calculated by dividing the number of respondents who have a total mental fitness score lower than a specified cutoff by the number of respondents who described their feelings and ideas for at least 5 of the following 9 questionnaire items: 'I feel I do things well at school', 'I like to spend time with my parents', 'I feel I do things well at home', 'I feel I have a choice about when and how to do my school work', 'I like to spend time with my teachers', 'I feel I have a choice about which activities to do with my friends', 'I feel I do things well when I am with my friends', 'I like to spend time with my friends' and 'I feel like I have a choice about when and how to do my household chores'. The response options for these 9 items are not like me, a little like me and a lot like me.

Notes

Due to a low school participation rate in some areas of the province for the 2025-2026 edition of this survey, survey results are not available for District scolaire francophone Nord-Ouest (school district), Madawaska and North-West Area (health zone), Kedgwick, Saint-Quentin and Grimmer (community), Grand Falls, Saint-Léonard, Drummond Area (community), and Edmundston, Rivière-Verte, Lac Baker Area (community). The 2019-2020 edition of this survey was conducted during the COVID-19 pandemic. Since the number of schools that participated in 2019-2020 is much lower than other editions of the survey, results at the provincial level were deemed not representative of the total student population. Therefore, survey results for New Brunswick, health zones and demographic groups are not available for the 2019-2020 edition. However, 2019-2020 results are available for communities in which the number of participating schools was deemed sufficient to be representative of the student population in that community.

Unit	Interpretation	NBHC code
%	Lower is better	SE_MEFLO_1

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size